



# My New Year's Beauty Resolutions

## Looking back at 2017

My biggest skincare accomplishment was:

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My most favourite treatment was:

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## Looking ahead to 2018

I want to continue to:

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I want to try:

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## What does the New Year bring for my Beauty Routine?

- Start waxing and/or IPL instead of shaving Achieve By \_\_\_\_\_
- Maybe Go Organic in Face & Body Care Achieve By \_\_\_\_\_
- Get a new look makeover Achieve By \_\_\_\_\_
- Use a recommended intensive creams (eye, serum etc) Achieve By \_\_\_\_\_
- Setup an AP so I can treat myself to regular beauty treatments monthly Achieve By \_\_\_\_\_
- Use sunblock daily Achieve By \_\_\_\_\_
- Prioritise 'me time' and destress with a regular massage Achieve By \_\_\_\_\_
- Look into appearance medicine options Achieve By \_\_\_\_\_
- Purchase prescribed skincare Achieve By \_\_\_\_\_
- Always remove night Makeup Achieve By \_\_\_\_\_
- Get regular skin care check-ups Achieve By \_\_\_\_\_
- Moisturise body daily Achieve By \_\_\_\_\_